

Need help managing your diabetes?

know diabetes
fight diabetes



Diabetes Week 11-17 June

Information and support

Diabetes UK is here with the information and support you need to help you manage your diabetes well. There are lots of different ways we can help.



Go to www.diabetes.org.uk

Call **0345 123 2399***

Guides to diabetes

Our practical guides include *Your Guide to Type 1 Diabetes*, *A Parent's Guide to Type 1 Diabetes*, *Your Guide to Type 2 Diabetes*, *Gestational Diabetes*, *Enjoy Food* and *Know Your Labels*.



You can order these from our online shop free of charge at shop.diabetes.org.uk

Speak to our helpline

We're here to answer your questions, offer support, or just to chat when you need to speak to someone who knows about diabetes.



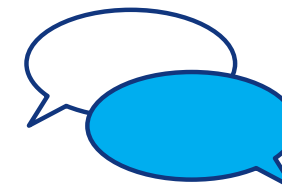
Call **0345 123 2399***

Monday–Friday, 9am–6pm

Email helpline@diabetes.org.uk

Support from people with Diabetes

For advice and support from thousands of other people living with diabetes join the Diabetes UK Support Forum, our online community.



Go to forum.diabetes.org.uk